

WHAT IS CLAIMED IS:

1. An elongated carrier for receiving an elongated bumper member, the elongated carrier comprising:
 - a slot defined by one or more walls having inner surfaces, wherein at least one of the inner surfaces has an inwardly extending nub.
2. An elongated carrier according to claim 1 wherein the nub provides an increased thickness in the wall relative to the thickness of the wall adjacent the nub.
3. An elongated carrier according to claim 1 wherein the wall does not have an increased thickness at the nub relative to the thickness of the wall adjacent the nub.
4. An elongated carrier according to claim 1 wherein the elongated bumper member is received by the slot, and wherein the elongated bumper member has an outer surface that is shaped to accept the nub.
5. An elongated carrier according to claim 4 wherein the outer surface of the elongated bumper member extends inwardly to receive the nub.
6. An elongated carrier according to claim 1 wherein the slot and the elongated bumper member are adapted so that the elongated bumper member and/or the elongated carrier must be at least partially elastically deformed or bent for the elongated member to slip into the slot.

7. An elongated carrier according to claim 1 wherein the elongated bumper member includes a cavity for receiving an elongated light source, and at least part of the cavity is defined by an at least semi-transparent material that extends from the cavity to an outer surface of the elongated bumper member.

8. An elongated carrier according to claim 1 wherein the elongated light source is an Electro-Luminescent wire.

9. An elongated carrier according to claim 1 wherein the elongated light source is a Linear Emitting Fiber.

10. An elongated carrier according to claim 1 wherein the elongated light source includes a string of light sources.

11. An elongated rub-rail for use with a boat, comprising:
an elongated carrier, the elongated carrier having a slot defined by one or more walls with inner surfaces, wherein at least one of the inner surfaces has an inwardly extending nub; and
an elongated bumper member, at least part of the elongated bumper member positioned in the slot and having an outer surface that is shaped to accept the at least one nub of the elongated carrier.

12. An elongated rub-rail according to claim 11, wherein the inner surfaces of the elongated carrier define two or more inwardly extending nubs.
13. An elongated rub-rail according to claim 12 wherein the elongated bumper member has an outer surface that is shaped to accept the two or more nubs of the elongated carrier.
14. An elongated carrier for receiving an elongated bumper member, the elongated carrier comprising:
- a back member having a first end and a second end;
 - a first support leg extending outward from at or near the first end of the back member, the first support leg having a thickness;
 - a second support leg extending outward from at or near the second end of the back member, the second support leg having a thickness;
 - a distal end of the second support leg and a distal end of the first support leg being spaced from one another to form a slot therebetween; and
 - the first support leg having a nub at or near the distal end of the first support leg, the nub extending towards the second support leg.

15. An elongated carrier according to claim 14 wherein the second support leg also has a nub at or near the distal end of the second support leg that extends toward the

first support leg.

16. An elongated carrier according to claim 14 wherein the first support leg has an increased thickness at the nub relative to the thickness of the first support leg adjacent the nub.

17. An elongated carrier according to claim 14 wherein the back member has a nub that extends into the slot formed by the first support leg and the second support leg.

18. An elongated carrier according to claim 14 wherein the second support leg has an increased thickness to form the nub relative to the thickness of the second support leg adjacent the nub.

19. An elongated carrier according to claim 14 wherein the slot is adapted to receive the elongated bumper member, and wherein the elongated bumper member has an outer surface that is shaped to accept the nub of the first support leg.

20. An elongated carrier according to claim 15 wherein the slot is adapted to receive the elongated bumper member, and wherein the elongated bumper member has an outer surface that is shaped to accept the nub of the first support leg and the nub of the second support leg.